

# Junk Food and a Sedentary Lifestyle Will Hide Your Abs

Junk food and a sedentary lifestyle will hide your abs. Nothing shows this more than real life examples of people who consume too much junk food and do not engage in physical activity.

Want to lose belly fat to see your abs? The first thing you need to do is to stop your habits that add to your belly fat. And, sometimes the inspiration will come not from transformation stories of people who have lost weight, but of people who are packing on the pounds.

You add to your belly fat when you eat junk food high in sugar, salt, and fat. It's known that sugar, salt and fat are the key ingredients manufacturers manipulate in processed foods to increase sales.

Processed foods that taste good and make you feel good are highly profitable. Unfortunately, they are not healthy. They are high caloric, low nutrition substances. They make you want to eat too much of them. And, they help build up your belly fat.

Another way to build up belly fat is to be inactive, sedentary. Avoiding exercise and movement forces excess calories be stored as fat instead of being used for energetic activity. Young people between 8 and 18 spend nearly  $7\frac{1}{2}$  hours a day in front of TV or computer screens or on their cell phones. And, during this inactive time, many young people are snacking on even more manufactured food.

It's time to get *very excited* about eating healthy foods and being more active. That way you can actually lose that belly fat and show off your abs.

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Watch what an unhealthy diet and a sedentary lifestyle can do for you.

I'm a junk food junkie.

When we go shopping for her, it's not what she needs to be eating, what she should be eating, it's about what she wants. And if you ain't got what she wants, she mad.

Don't cook me two boxes. You won't want back.

I bring her stuff cuz I know that's what's gonna make her happy. She loves food. There's been her biggest issue, period. She loves food.

When I start eating those foods, I can't stop. Mmmmm. And I eat it all. I love the way it tastes. I love the way it makes me feel. It's my comfort. But I know the food is killing me. And it keeps me from being a part of my kids lives.

If she don't lose the weight, I'm afraid. Then she'll pass. I'm afraid I'm gonna lose my mom.

I'm worried my kid's gonna come here and find me dead one day. The idea of that horrifies me. I need to do something fast. Well, that's what's gonna happen. I need to change or I'm gonna die.

Remember, *Junk Food and a Sedentary Lifestyle Will Hide Your Abs*. So make changes today.